



**REOPENING OF ADDITIONAL SPORTS & RECREATIONAL  
ACTIVITIES AND FACILITIES DURING CMCO**

Dear Members,

Further to our notice dated 1<sup>st</sup> November 2020, the General Committee has approved the reopening of the following activities and facilities from **16<sup>th</sup> November 2020**, subject to compliance to the SOPs provided.

- 1. Table-Tennis (Multi-Purpose Hall) - 8am to 9pm**
- 2. Squash Courts - 8am to 9pm**
- 3. Aerobics/Yoga/Zumba/Qi Gong - 8am to 9pm**
- 4. Library / Reading Room - 8am to 9pm**

The General Committee will be approving the reopening of more facilities in the coming weeks based on the SOPs stipulated by the relevant authorities.

**The General Committee**

**Allowed sporting and recreational activities and facilities are as follows:**

1. Tennis
2. Table-Tennis
3. Badminton
4. Squash
5. Gymnasium
6. General Purpose Room – Aerobics/Zumba/Qi Gong/Yoga
7. Library / Reading Room

**Allowed food & beverage facilities are as follows:**

1. The Lagoon
2. The Sports Tavern

### **General Protocols for members during sporting activities:**

1. Please use face mask before and after sports activities.
2. Sign in/ out record is placed at all venues / premises – Multi-Purpose Hall (MPH), Gymnasium, Squash Courts, General Purpose Room (GPR), Library/Reading Room & Tennis Court. Please fill in the record log book.
3. No guests are allowed to use any sports facilities without prior approval from the Club.
4. Follow SOPs that are in place. Walk-in will be subject to available time slots on schedule.
5. Practice sports / recreational etiquette such as no spitting, wash hands frequently and no handshakes. Reduce social interactions before, during and after games.
6. No sharing of belongings such as water bottle, towel, food, and other personal belongings.
7. Shared equipment must be sanitised before and after every use.
8. Leave premises as soon as possible after activity.
9. Usage of shower facilities subject to maximum capacity allowed.

### **SOP - Table Tennis**

Venue: Multi-Purpose Hall (MPH)

Days: Monday to Friday – based on schedule. Please call the Club to book.

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

First in first out basis

Maximum of 10 persons at the MPH Hall at any time

Please ensure distancing of 3-5m at all times

## **SOP - Squash**

Venue: Squash Court

Days: Monday to Sunday – based on schedule. Please call the Club to book.

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

First in first out basis

Maximum of 2 players in a court at any time

Please ensure distancing of 3-5m at all times

## **SOP - Badminton**

Venue: Multi-Purpose Hall (MPH)

Days: Saturday & Sunday – based on schedule. Please call the Club to book

Booking can be made the day before the intended training day

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

Maximum of 10 persons at the Multi-Purpose Hall (MPH) at any time.

Please ensure distancing of 3-5m at all times

Strictly no playing of table-tennis

## **SOP - Gymnasium**

Venue: Gymnasium

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

Maximum of 10 members in the gymnasium on first in first out basis

Compulsory to bring your own towel. **Members will not be allowed entry into the gym without a towel**

Members are **strictly** required to sanitise equipment/bench, weights and dumbbells after use

Gym bags to be placed on the rack

Please ensure distancing of 1-3m at all times

## **SOP - Tennis**

Venue: Tennis Courts

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm

Maximum of 8 players at any time

Please ensure distancing of 3-5 meters between players at all times

## **SOP - Cricket**

Venue: Cricket Nets

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm

Maximum of 8 players at any time

Please ensure distancing of 3-5m at all times

## **SOP - Aerobics/Yoga/Zumba/Qi Gong**

Venue: General Purpose Room (GPR)

Days: Monday to Sunday – based on classes schedule.

Time: Based on classes schedule

Must ensure distance between 1 to 3 meters per member

Maximum of 10 persons in the GPR at any time

## **SOP - Library & Reading Room**

Maximum Capacity: 10 (combined)

Please follow the seating arrangement in place.

Please comply with the Bye-Laws placed in the facility.

Please fill in the record log book on your time in/out.

The General Committee has authorised the Club Management to **NOT ALLOW** entry or request for members who do not follow the SOPs provided to leave the facility.

We hope all members will cooperate with the staff on duty and comply with the SOPs to ensure that the Club facilities remain open and free from Covid-19.

**The General Committee**